

RECREATION news

ISSUED BY CULTURAL ACTIVITIES BRANCH

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R.C.A.F. EXERCISES NOW AVAILABLE FOR PUBLIC USE

The Royal Canadian Air Force has developed a program of exercises designed to maintain a high degree of physical condition with minimum of time and equipment needed. The 5BX plan was the result of an intensive research campaign and has been made available to the general public.

The plan lists six charts consisting of progressively strenuous exercises. Each chart illustrates five Basic Exercises (5BX) which must be completed within 11 minutes. The exercises do not change on each chart but the number of times a person is required to do them grows progressively. The time of 11 minutes per day never changes.

A classification chart included in the pamphlet relegates any individual to a standard of physical condition according to age, height and weight. The classification will determine the starting and finishing points. It is clearly pointed out in the text that the plan is not designed to include physical development to any great degree but is a means of maintaining top physical shape for any male according to age.

There is now a plan for women called XBX which designates 10 basic exercises for physical fitness.

The purpose of the plan originally was to develop a method of keeping air crew personnel in physical condition in spite of their having to sit often in cramped quarters for long periods of time. Additional concern was the lack of equipment at some stations. The plan requires no equipment to perform the exercises.

Information for securing the pamphlet is available from the office of the Queen's Printer at Ottawa.

NAME NEW ALBERTA VISUAL ARTS BOARD TO HEAD COMING HANDICRAFT SEASON



Appointed members of the Alberta Visual Arts and Handicraft Board recently were Mrs. Laura Mahon, Edson, who was named chairman; Mrs. Evy McBryan, Grande Prairie and Jack Taylor, Department of Fine Arts, University of Alberta. Shown at the meeting of the board are seated left to right, Mrs. E. Ponich, Cultural Activities Branch, Mrs. Mahon, Miss Frances Archibald, Cultural Activities Branch and Mrs. McBryan. Standing left to right, W. M. Netelenbos, Supervisor of Arts and Craft Division Cultural Activities Branch, Mr. Taylor and W. H. Kaasa, Co-ordinator of Cultural Activities, Department of the Provincial Secretary.

Basketball Clinic Drumheller Dec. 3

A basketball clinic will be held at Drumheller December 3 under the direction of Herb McLachlin. The school sponsored by the Alberta government's

Community Recreation Bureau will provide instruction in rules, regulations and the fundamentals of basketball.

Full details as to the registration of students wishing to attend may be obtained from Jack Riddell, Room 425, Legislative Building, Edmonton.

Library Week Plan Finalized

Canadian Library Week is to be celebrated April 16 to 22, 1961. The Patron is The Right Honourable John G. Diefenbaker, Prime Minister of Canada.

A national headquarters has been set up in Hope Chambers, Room 511, 63 Sparks St., Ottawa 4. The Secretary of Canadian Library Week is Mrs. Paula Shanks.

The Canada Council has made a grant-in-aid of \$7,000.00 and other financial support is being sought.

The slogan "Reading is the Key", has been chosen by the Canadian Library Week Council. The poster design has been requested for early October. It is expected that once again there will be bookmarks.

Instead of the type of handbook used for the past two years, a compilation of successful ideas used by bookstores, community groups, libraries and business firms is being prepared and letters have been sent out requesting contributions. If there are any suggestions, reports, photographs, drawings, proclamations, letters, etc. which you would like to see included, please send this material to Mrs. Shanks as soon as possible.

The Library Press of Canada is asked to send into Mrs. Shanks a list of all deadlines so that material will be sent to you in good time for inclusion in your publications.

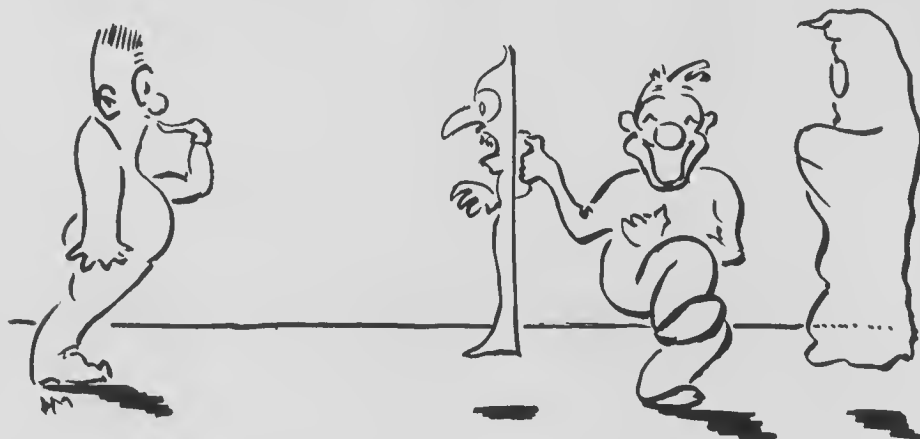
Canadian Library Week public relations is being handled by a public relations expert on a part time basis.

The Canadian Library Week Council expects to appoint an experienced Library Week administrator as Director. It is hoped that if this individual is named from an organization which takes part in Canadian Library Week that this project will be considered of such importance that he or she will be allowed the necessary leave.

Discussion Groups Can Be Effective

Do your discussions bog down? It is generally agreed there is no problem or controversy that cannot be resolved by clear purposeful discussion. With the fall and winter season of activities

HINTS FOR HARMLESS HALLOWE'EN HOAXES



With October 31 lurking in the shadows, here are some positive suggestions for celebrations with a purpose of offsetting the vandalism that sometimes runs wild on Halloween. It is a matter of organization and co-operation from social education.

Window Festival

To offset the usual unattractive window soaping obtain the co-operation of the local merchants and organize a window painting contest. Using water colors, have a competition for age groups to see who can paint the nicest and largest picture on the outside of the store window. Can you visualize a more colorful festival of fun?

Voodoo Fire

Organize with the town or city Fire Department to have all leaves, vegetable tops etc. put in a large pile in

a safe place. Have a burning ceremony featuring costumes parade, potato roast, sing song, square dance or whatever.

Snake Dance

Clear the streets! youth is taking over for a street dance down on the main intersection under the bright lights. Jive contest, square dancing, contests such as rolling the log, log cutting with bench saws, rope climbing, pillow fights and any variety of games.

Mardi Gras

Invite the organizations to participate in a mammoth color parade to the arena for a family fun night. You can have a carnival with booths, refreshments, haunted house. You will rarely find better workers than the young people to organize and handle the concession booths.

approaching the phrase "let's discuss it" will be ever present.

Here is a suggested guide line for discussion groups large or small. Follow the guide and you will find your discussions purposeful and fruitful.

- Recognize the problem.
"What are we talking about?"
- Examine the problem.
"What do we know about this and similar situations?"
- Look at the facts.
"Do we need more information about the subject?" "Where can we get

it, — books, pamphlets, films, people, etc.?"

- Propose tentative decisions.
"What is your opinion, and yours, and yours, — and mine?" In each case does the group accept, modify, reject?"
- Select the most acceptable one.
"After examining all of those decisions, where are we as a group?"
- Evaluate in retrospect.
"What have been the consequences of the action and opinion that we accepted?"

Electronic Tuner Used Extensively By Music Division



A unique machine that enables musicians to tune their instruments electronically has been purchased by the Music Division of the Cultural Activities Branch. The electric tuner is in frequent use by the music division at band clinics and concerts. The machine has a central dial that is lighted and appears to revolve very quickly until the proper note is played at which time it stops and holds steady. Should the note be slightly flat the dial appears to move to the left and if sharp to the right. Music Supervisor David Peterkin is shown demonstrating machine for tuning a trumpet.

CHOOSE TWENTY LIBRARY CUSTODIANS TO UNDERTAKE EDUCATIONAL COURSE

The Alberta Library Board met in September to consider the applications for the Library Custodians' Course, 1960-1961.

Though these were not so numerous as last year there were enough to make the selection of twenty candidates a lengthy task. Here is the final list of custodians who will be taking the course for the next eight months: Mrs. P. E. Talbot, Nampa; Mrs. W. J. Boyden, Pincher Creek; Mrs. E. P. Carmichael, Devon; Mr. E. F. Carter, Edmonton;

Mrs. M. Charney, Crossfield; Mrs. E. Daintith, Camrose; Mrs. N. Hanson, Strathmore; Mrs. J. A. Hargreaves, Jasper; Mrs. M. L. Helton, Three Hills; Mrs. H. Henderson, Leduc; Mrs. E. Joncas, Lac La Biche; Mrs. M. L. Krause, Drayton Valley; Mrs. W. J. Leonard, Sexsmith; Mrs. E. O. McClean, Sylvan Lake; Mrs. E. Mackie, Fort Saskatchewan; Miss F. Martin, Bonnyville; Mrs. J. A. Rimmer, Hussar; Mrs. B. M. Shelton, Three Hills; Mrs. C. M. Shillinglaw, Forestburg; Mrs. O. M. Stanier, Red Deer.

Attends Meeting Theatre Group

Drama Supervisor Jack McCreath will be attending the American Educational Theatre Western Conference in Bowesmen, Montana, October 28 and 29.

Plans are going forward for high school drama festivals to be held this winter in certain areas of the province. The festivals this winter will be in the nature of a "trial-run" for what it is hoped will be the first provincial-wide high school drama festival next year.

WOMEN'S RECREATIONAL CONFERENCE SLATED FOR BANFF NOVEMBER 11 to 13

The Provincial Conference for Professional Women in Physical Education and Recreation will be held at Banff November 11 to 13. The two and one half day meet will be held at the Banff School of Fine Arts at the regular rates of \$7.50 per day for room with bath and meals.

The seminar is open to all women teaching physical education or working full time in the recreation field and will deal with problems affecting recreation. Among the topics suggested for discussion are; Variety in Programs; Recruitment for Physical Education and Recreation; the Alberta Schools Athletic Association; The Olympics; Evaluating Programs; Travelling Cheer Leaders; A Provincial Supervisor for Physical Education; Award Systems; Activities for Limited Space; and any other subjects proposed by the delegates.

Two key speakers will be attending the conference to deliver addresses regarding recreation. In addition three will be time for swimming and hiking so any person intending to attend the conference is advised to bring suitable clothing for these sports.

The conference is sponsored by the Edmonton Women's Branch of CAPHER

in co-operation with the Community Recreation Bureau of the Cultural Activities Branch. Registration forms are available from, Miss E. McFarland,

425 Legislative Building, Edmonton, Alberta.

Following is the tentative agenda for the sessions:—

FRIDAY, NOVEMBER 11

- 3:00 pm Registration and Coffee
- 3:30 — 4:00 pm Welcome to Delegates . . . President — E. Bird
Presentation of the Agenda
- 4:00 — 4:30 pm Group Discussion of Items for Agenda
- 6:00 pm Dinner
- 7:00 — 8:00 pm Guest Speaker
- 8:00 pm Your choice of recreation—Swimming . . . Bowling

SATURDAY, NOVEMBER 12

- 8:00 am Breakfast
- 9:00 — 10:15 am Discussion Groups
- 10:15 — 10:45 am Coffee
- 10:45 — 12:00 Key Speaker
- 12:30 pm Lunch
- 1:00 — 3:00 pm 7th Inning Stretch—Anyone for a hike up Tunnel Mountain???
- 3:00 — 5:00 pm Discussion Groups
- 6:00 pm Supper
- 7:00 pm Olympic Slides and Films—Commentary by those who were there.

SUNDAY, NOVEMBER 13

- 9:00 am Breakfast
- 10:00 — 12:00 Summary, Evaluation, Future Plans
- 1:00 pm Lunch

FLIP OF THE FEZ TO...

Ernie Harris has been appointed Recreation Director at Olds succeeding George Talbot, who is now with the National Forestry Service.

Eileen Mince (R.L.S./59) who has entered the Calgary General Hospital of Nursing.

Eleanor Turill (R.L.S./60) appointed Girls and Women's program Supervisor for the City of Edmonton Recreation Bureau.

Alex Kaleta, Recreation Director at Medicine Hat, is planning a hill slide program for families. The facilities look terrific and plans have been completed for a good season.

The Coaldale Town Council who have adopted a recreation by-law and have



organized seven member board. Two women are included on the board.

FOR SALE

900 wire baskets and racks suitable for swimming pools. Contact: The Provincial Marketing Board, 10526 Jasper Avenue, Edmonton.

BASKETBALL CLINIC AT MEDICINE HAT OCTOBER 28-29

A basketball clinic will be held at Medicine Hat October 28 and 29. The course is open to coaches and recreational leaders throughout the province and is of prime importance to the southern areas of Alberta. Arrangements are presently being completed to obtain top instructors for the school which will include in the syllabus basic fundamentals, coaching techniques, leadership philosophy and conditioning. The minimum required for the clinic is an enrollment of 20 and it is expected to far exceed that number. Information regarding the school may be obtained from Miss E. McFarland, Room 425 Legislative Building Edmonton.